**CLASS DESCRIPTION**

**BODYPUMP™**
A 60 minute barbell class that challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Choose your weight to get the results you came for!

**BODYPUMP™ 101**
A 30 minute version of our BODYPUMP™ class for first timers or those that want a bit more each week.

**BOYDSCULPT**
This toning class will rock your world, blasting every major muscle group. Dumbbells & tubing will be utilized to create sleek definition.

**CYCLING**
A fantastic heart-pumping workout. Taught on an indoor cycling bike - you will climb, sprint, and train to incredible music and extraordinary instruction. Not one you want to miss!

**CIRCUIT + CORE Express**
An action packed class with a balanced mixture of cardio & weight resistance exercises targeting all your major muscle groups. This is a great total body workout.

**DanCSS**
A fun, cardio-aerobics style routine designed to improve your coordination and cardiovascular health.

**POUND®**
Rock out with this cardio jam session inspired by the high energy of playing the drums. Easily modifiable, with an alternative vibe and welcoming philosophy, it appeals to everyone.

**PowerPUMP + Abs**
A mix of strength using various dumbbells or bands intermixed with bursts of cardio conditioning plus ABs. Full Body Workout!

**Strength & Conditioning**
A total-body bootcamp-inspired workout using your bodyweight or light dumbbells.

**VINYASA YOGA**
Experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work through "moving meditation" followed by relaxation.

**YOGA TONE**
Set the tone for the day with an energizing vinyasa yoga flow—awaken your body through mindful movement and attention to breath. Increase your flexibility, gain body tone & improved posture with a relaxed and clear mind.

**ZUMBA®**
Latin Cardio Party! Interval cardio and resistance training to an irresistible beat. Maximize caloric burning, fat burning and body toning. Add spice to your workout.

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**Lafayette College GroupFIT**

**Fall ‘18 Schedule**

**Classes start August 27th**

- **ZUMBA®**
- **BODYPUMP™**
- **BODYSCULPT**
- **CYCLE 30/45**
- **PowerPUMP + Abs**
- **CIRCUIT + CORE Express**
- **Strength & Conditioning**
- **POUND®**
- **DanCSS**
- **VINYASA YOGA**
- **YOGA TONE**

**Free Classes!**
Reserve your SPOT 24 hours in advance or get a FIT Ticket 15 minutes prior to class if space is available!

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.
### FALL SESSION

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td><strong>Yoga Tone</strong></td>
<td><strong>PowerPump +Abs</strong></td>
<td><strong>Body Sculpt</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle 30</strong></td>
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<td><strong>Body Pump-</strong></td>
<td><strong>Cycle 45</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>DanCSS</strong></td>
<td><strong>Body Pump 101</strong></td>
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<td><strong>Zumba®</strong></td>
<td><strong>Pound®</strong></td>
<td><strong>Body Pump—</strong></td>
<td><strong>Circuit +</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
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<td><strong>Cycle 45</strong></td>
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</table>

Classes with low attendance will be dropped from the schedule.

Reserve your SPOT

24 hours before class at imleagues.com/Lafayette

(Online waiting list available)

No Classes—
9/3; 10/4-10/8 & 11/20-11/25

**A reservation or Fit Ticket is needed to enter all classes**

**Group Fit Ticket Procedure**

1. “Fit Tickets” are required if you did not reserve a SPOT online for a class.
2. “Fit Tickets” are distributed as early as 15 minutes prior to class at reception desk.
3. All reserved SPOTS are released 5 minutes prior to start of class to wait-listed participants, then FIT ticket holders until class is filled.
4. One ticket per person, you cannot hold a place for another person.

*Please remember to cancel your reservation for a class if not attending.*

*Repeated no shows will prevent future online reservations.*